



November 2019 Services: Memory

Inside This Issue

November 3 The Spirit Sings: Paul Simon

His career spanning seven decades and hundreds of songs; music that tells stories of hope and challenge, beauty and heartbreak; his passion and activism, provide the inspiration for this morning's service.

Presenters: Rev Debra Faulk

Worship Arts Facilitator: Lynn Nugent

Music: Music Director Jane Perry with UUphonia

November 10 Peace Heroes Remembered and Within

There are individuals who have been models for peace-making. Our Principles and values call us to be agents of peace and justice. How can we fully live this aspiration personally and communally?

Presenters: Rev Debra Faulk & Marcia Epstein

Worship Arts Facilitator: Lara Shannon

Music: TriUU

November 11 Memories and Hope

Our Remembrance Day Service honours veterans and those impacted by armed conflicts while shining a light on peace and hope.

Presenter: Rev Debra Faulk

Worship Arts Facilitator: Hendrik Schaink

Music: Music Director Jane Perry with Chor Vida

November 17 The Memory of Reconciliation Is In Our Blood and Part of Creation's DNA

As we embark on the next chapters of community diversity and multiculturalism toward an inclusive society, let's reflect on our history and the richness that our first relationship with the Indigenous people of Turtle Island has provided. The Treaty relationship guides us and gives us a model of inclusion that communities of faith can build upon to bring us together.

Presenter: Tony Snow*

Worship Arts Facilitator: Rev Debra Faulk

Music: Music Director Jane Perry with UUphonia

November 24 Telling our Stories

Stories hold our memories and shape understanding. Storytelling is a powerful tool for building community within our many cultures.

Presenters: Rev Debra Faulk & Cathy Welburn

Worship Arts Facilitator: Mary Anna Louis Kovar

Music: Music Director Jane Perry with UUphonia

** Tony Snow is the son of the late Dr. Rev. Chief John Snow Sr. He is a public theologian who works within Christian and Traditional Indigenous Spiritual Teachings. He is the Spiritual Development Lead at McDougall United Church and the Indigenous Right Relations Lead for Hillhurst United Church. He is currently completing his M.Div studies at Vancouver School of Theology toward ordination in the United Church of Canada.*

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Debra's Deliberations



October was month filled with so many wonderful events.

Danielle's Ordination was joy-filled and Martha's article on page 21 expresses so beautifully what we all felt. I add my deep appreciation to all who made it happen.

On October 10 we collaborated with Community Associations to hold an All Candidates Forum, at Renfrew Community Association and live streamed to numerous other locations. This was amazing outreach into the community and really showed the strength of working together.

In her Shavings, Mary Anna Louise mentions the Founding Assembly of the Calgary Alliance for the Common Good. I have been serving on the Board of Directors for the last five years assisting with bringing this to reality. There were more than 500 people gathered from twenty-nine organizations representing 32,000+ Calgarians working together to make our city a more just place to live. As members of the Alliance we have access to the Community Organizing training as well as other resources. See page 4 for upcoming opportunities.



I had the opportunity to join Nola Wuttunee for an evening as her father, long time member of UCC, Bill Wuttunee, was given the Hero Award by Chinook Lesbian and Gay Fund for his work as a lawyer defending Everett Klippert, the last man imprisoned for being homosexual, on this 50th anniversary of then-justice minister Pierre Trudeau tabling his landmark bill C-150 to amend the Criminal Code and decriminalize homosexuality.

Board member Holly Noelle coordinated a Social Justice reboot and about 20 people engaged in conversation about how we can be most effective in our efforts. The recognition that collaborating with others kept coming up, the need to be represented on collations of organizations to amplify our impact. We do this with the Calgary Alliance, as part of the Affirming Network of Faith Communities, with the Calgary Climate Hub (see page 8), in so many ways that deserve to be recognized.

I find myself filled with hope and possibility and deep, deep gratitude for this community.

Namaste,
Debra

*Please contact Rev Debra directly to chat or
arrange an appointment:*

debra@calgaryunitarians.ca or 403-702-6486



Shavings from the Board

There were so many things happening this month that I was unable to attend them all. I did attend the Calgary Alliance for the Common Good Founding Assembly. This organization has been in the works for several years now and Calgary Unitarians have been part of it. It is comprised of community organizations, faith groups and unions working towards a better Calgary. The gathering of 29 member groups was exciting and inspiring. As were the speeches by Drew Farrell, Mayor Nenshi and Kent Herr. I also attended the October 6 gathering of Calgary Unitarians interested in social justice issues. It might interest you to know that the 4 areas currently being addressed by the Calgary Alliance for the Common Good are congruent with the concerns expressed by Calgary Unitarians in that conversation: mental health and addictions; social isolation and building community; truth and reconciliation; climate change and the environment. We have an incredible opportunity to join forces with others in an organization to which we already belong!

On October 20 I participated in the Ordination of Danielle Webber. As your President, I had the honor of officiating the Act of Ordination. This was the first act of ordination for the Calgary Unitarians and it will be an important part of our history. The Western Regional Gathering was in Edmonton that same weekend so many of the Western Region ministers and representatives from the CUC were here to be part of the Ordination service. It was a beautiful and powerful experience

I have registered to attend a Leadership event at Bow Valley College on November 2. Jane Ebbern, our Vice President, is also attending. The event is designed for non-profit organizations and it is an event that has previously sold out so should provide some valuable learning.

Mary-Anna Louise Kovar,
President, Board of Trustees

Panabaker Award – Nominations Needed!

In January 2020 Calgary Unitarians will present an award to someone in the congregation to honour that person for extraordinary services provided to benefit the Church community. In order to do this we need your nominations. You will find the guidelines for nominations [on our website](#) under Our Governance and Documents - Congregational Awards.

If you are wondering if a person you are considering has already received the award check the lists (Panabaker Award and Extraordinary Service award) at the end of the Congregational Award page. The 2017 recipients were Jane Ebbern and Brandis Purcell. No nominations were received last year.

Nominations may be e-mailed to president@calgaryunitarians.ca or placed in the President's mailbox in the Church Office. Nominations must be received on or before January 7, 2020 to be considered. The award will be presented at a Souper Sunday Lunch in January/February; date dependent on availability of recipient.



Kudos!



Many thanks to Penny Clipperton and Rev. Debra for their hard work in organizing the terrific October 10th candidates forum in cooperation with Renfrew and Highland Park Community Associations. This was great community outreach work on their part.

SO many Kudos for the Ordination ceremony!

Special Kudos to the Ordination Committee: Mary Jane Hussey, Dean Kasner, Joan Brown, Linda Brown, Lynn Nugent, Donna Antonio, Pierrette Lavallee -Hoch, Corinna Nielsen, and Carolyn Preston. These folks worked tirelessly on fundraising, coordinating the service, and they hosted the wonderful reception afterwards.

Dean and his team of kitchen elves created the delightful food for both the reception and the lovely dinner for the Webber family, the ministers and other UU representatives who attended this momentous event.

Huge Kudos to Les Ryan for photographing the event. His photographs captured the spirit of the event and are featured on pages 23/24 of this issue. And last, but not least, a tremendous debt of gratitude to Brandis Purcell who created the beautiful stole gifted from the congregation to Reverend Webber to mark her official entry into UU ministry.

This is just a sampling of the many people who contribute in numerous ways to our community. When you catch someone in the act of kindness and service please share the info by emailing Kudos@calgaryunitarians.ca



Foundations of Community Organizing Training

Date: Friday November 29th 7:00 pm - 9:30 pm Saturday November 30th from 9:30 am - 4:00 pm

Location: UBCJA 2103 Union Hall - 2626 23 St NE, Calgary Alberta

Cost: Members \$15 for lunch. Non-members \$65 for the course and lunch

How do we respond to the issues of our time and our communities? This training provides content based on the philosophy and practices developed by the Industrial Areas Foundation (IAF) in over 70 years of organizing experience.

The workshop includes:

- What is community organizing and why use a community organizing approach
- The organizing cycle
- Relational meetings

- Listening sessions
- Problems vs. Issues
- Power over vs. Power with
- Negotiations and actions to obtain concrete and winnable outcomes

Register [here](#) For more information contact [Ryan Andersen](#) Lead Organizer for CACG



♪ UpBeat News with Jane Perry ♪



Choirs' Holiday Concert: One Small Candle. Sunday, November 24 at 1:00pm in Panabaker Hall. Come and hear your Calgary Unitarians choirs, soloists and instrumentalists in this special afternoon holiday concert. Stay after the morning service for the Souper Sunday luncheon and then come to the concert! Featuring UUphonia, Chor Vida, vocal soloists John Michell and Holly Noelle, and other special guests. And yes --- there will most certainly be audience sing-alongs! Tickets will be available at coffee hour starting on Sunday, November 3. \$25 regular, \$20 senior/student, or pay what you can at the door. Free admission for children and youth.

Upcoming events featuring our resident choirs and theatre company:

One Voice Chorus presents "Stonewall: a Fiftieth Anniversary in Story and Song." Saturday, November 30 at 7:30pm at St. Stephen's Anglican Church (1121 14 Avenue SW.) Join Calgary's mixed-voice choir for LGBTQ2+ singers and allies as they present a musical celebration of the 1969 event that fuelled the gay pride movement in North America. Conducted by Jane Perry. Tickets (\$25/\$20) are available through www.onevoicechorus.ca and www.brownpapertickets.com

Calgary Renaissance Singers & Players begin their 50th-anniversary season with a Christmas concert entitled "Renaissance Treasures I: Gloria!" Sunday, December 8 at 7:30pm at St. Stephen's Anglican Church (1121 14 Avenue SW.) Pre-concert talk at 7:00pm. Conducted by Jane Perry. Tickets (\$25/\$20) are available through www.brownpapertickets.com.

Vocal Latitudes presents "A Winter's Night" on Saturday, December 14 at 7:30pm at Hope Lutheran Church (3527 Boulton Road NW.) Conducted by Frank Rackow. For more information: www.vocalitudes.org

Calgary Young People's Theatre is the youth-driven theatre company that rehearses at Calgary Unitarians. Some of our own church youth are CYPT actors! The company's holiday offering is "The Nutcracker: A New Adventure." Thursday, December 12 through Saturday, December 21 at the West Village Theatre (2007 10 Avenue SW.) For more information and to purchase tickets, visit www.cypt.ca





Religious Exploration Program

Tips for Intentionally Inclusive Congregations

Wear Your Name Tag

When we wear name tags, we are inviting conversation with those who can't remember our names (and who may be too embarrassed to ask). Wearing a name tag says we want to know those who are not already part of our circle.

Remember That Just Because You Don't Know Someone – They Aren't Necessarily New

In all but the smallest congregations, it is possible for us to not know when someone is new and when they are not. Assuming someone you don't know, but who may have been coming for a while, is new, can be interpreted as, "I don't think you are important enough to notice". Instead, simply introduce yourself and ask what they thought of the service.

Consider Yourself an Incognito Greeter

Even if you aren't in the official greeter role, please consider yourself one of the stealth greeters, taking the time and making the effort to say hello to people you don't know, offer hymn books to someone who seems to be missing one, etc. The hospitality shown by people other than greeters IS noticed.

Ask Someone to Join In

If you are thinking of joining an adult program or attending a congregational meal, why not make a point of inviting someone who you don't know well, or someone who you know is new, to come with you? Having a buddy to attend activities with can make the experience more enjoyable.

Seen, Heard AND Welcomed

It is common to hear, "I wish we had more young families in the congregation". The energy and hope they bring to a congregation are exciting. Children feel welcomed by child friendly content, like activity packs that will allow for quiet play, adults who take the time to get to know them, smiles of people who are genuinely grateful for the restlessness of children, and congregational willingness to be changed by their presence. In turn, children are more likely to want to come to church, and to grow up as regular attendees.

Is There Room in the Sanctuary?

To help visitors feel welcome, encourage regulars to sit towards the front of the sanctuary and avoid sitting in the aisle seat when there is room further in the pew. First-time visitors might arrive late to worship, especially if they have trouble finding parking, are unfamiliar with your location, or if they have children in tow. They will not want to parade up to the front rows because the back seats are full. Most first time visitors want to be noticed, but they don't want to be on display. Encouraging regulars to sit up front provides more room in the back for late arrivers, and creates a warmer, cozier environment.

*Adapted from "So You Think You're Friendly" by Tim Dolan, available from the Alban Institute.
Complete "Tips for Inclusive Congregations" available on the CUC website.*



Annual Fruit Cake Fundraiser

Cakes are Selling Out Fast - Reserve Your Cakes Now!



Some of you left it too late last year and we were sold out when you came to order one of our famous fruitcakes.

Our tradition of a fruit cake fundraiser was started by Mary Smyth over 40 years ago and was continued for many years by Mary Jane Hussey.

There are now **five** fabulous fruitcake choices:

Mary Smyth Dark Cake - raisins, dates, figs, currants, candied fruit, walnuts - fantastic with some cheddar cheese

Mary Smyth Light Cake - candied fruit, golden raisins and almonds - just perfect on its own

Mary Jane's Millennium Cake- apricots, cranberries, figs, apples, pecans - great with vin santo, orange muscat dessert wine, ice wine or sauterne

Mary Jane's Chocolate Cake - Bing cherries, dates, figs, chocolate, walnuts – terrific with port or raspberry dessert wine

New Vegan, Gluten Free – Raisins, dates, apples & walnuts – great with anything!

Cakes are \$40.00. Each cake comes attractively gift-wrapped and weighs just under 1 kilo! They make great holiday and hostess gifts. The proceeds from this fundraising project contribute significantly to our church budget. **No cakes contain alcohol.**

Do tell your friends about these delectable cakes.

Please encourage them to purchase for personal use or for gifts.

To avoid disappointment, order your cakes soon by emailing fruitcakes@calgaryunitarians.ca or by calling 403-283-7162.

Fruitcake Bakers, Slicers and Dicers Needed!

Do you like baking and would you have a couple of hours (8:45 – 10:30 am) Monday to Friday in the second half of November? If so, come join me in the church kitchen for some fruit cake baking and help keep alive an over 40-year Unitarian fundraising tradition. Even if you can give me one or two mornings of your time during the November 12 – December 2 period, that would be wonderful. If you arrive at 8:45 am, you can leave as soon as the cakes go in the oven at 10 am if you need to, but if you have time for a coffee and a chat while the kitchen fills up with amazing smells, even better!

If you cannot bake midweek, consider coming on Saturday morning November 9 from 9am – noon for our slicing and dicing session, helping us chop and prepare fruit and nuts. This is by far the most fun time you can have in a 3-hour volunteer session – lots of laughter and conversation as you chop.

Sign up on the Wickenden bulletin board or email fruitcakes@calgaryunitarians.ca or call 403-283-7162 .



Here Comes Santa... Get Your Co-Op Cards Now!

Christmas and all the lovely winter holidays are upon us. It's time to gather friends and family around the table.

Make buying gifts and delightful foods for your holiday feasts easy; get your Co-op Cards now!

Co-op cards are convenient, easy to use, and help support the good work that Calgary Unitarians does in the community. It is truly a win-win proposition!

Co-op has cards for different purchases, one type of card to purchase groceries and gas; a different one

for purchases at Co-op Wine Spirits Beer locations. And did you know that they are valid at any participating Co-op in Western Canada? They're easy to use and make a terrific Christmas gift!

You may place your card order on **Sunday, November 3**, and card pickup will be the following **Sunday, November 10**. You can place your cheque or e-transfer pledge in the church office, see us at the Co-op table in Wickenden on October 8th, or simply email your e-transfer pledge

to: coopcards@calgaryunitarians.ca with the amount of your order, type of card (regular or liquor) and the denomination (\$ value) of the cards you want. Don't forget to follow-up your pledge with the actual e-transfer! Email treasurer@calgaryunitarians.ca

Questions?

Contact any of our team (Alex Russell, Barbara Lane, Tamara Ryan, Sheila Ward, or Ev Dewar) or [email us](#).

"A Breath of Fresh Air" - Storytelling Workshop

Saturday, November 2 (1:00 - 4:00 pm) Panabaker Hall

November 2, 2019 is the 8th annual Canadian Storytelling Night. This year, Storytellers of Canada has chosen the fourth quarter of the medicine wheel, the element of air, for inspiration. The theme is "A Breath of Fresh Air". Stories will be told all over Canada as part of this event. Join storyteller Cathy Welburn of Storytelling Alberta, to learn how to choose, shape and tell a story to blow us all away. For information, please contact [Cathy](#), visit the Storyteller [website](#) or you may register for the event [here](#).



Community Climate Conversation

Date: November 18th, 2019 @ 7:00 pm

Location: Calgary Unitarian Universalist Congregation 1703 1 St NW, Calgary,

Presented By: Calgary Alliance For the Common Good & The Calgary Climate Hub

How do we have constructive conversations about the environment? - with Amber Bennett

What is the connection between spirituality and climate? - with Bill Phipps

What are some solutions our city is trying? - with the City of Calgary

What about the Science? Renewables? Electric Cars? Urban Planning? Youth?

Please register [here](#)



November Pub Night - Come on Out!



When: November 6 from 7:00-9:30pm

Where: Kensington Pub- 207 10A St. NW

www.kensingtonpub.com

Pub Night is a night of great conversation and fellowship at one of Calgary's most iconic pubs. The menu is very inclusive, complete with gluten free and vegetarian options.

Pub Nights are held on the first Wednesday of every month. Come check it out!

4Others for November - Flaming Chalice International

Dear Calgary Unitarian Friends,

I have just returned from a month-long visit in Rwanda. During the visit, I got the opportunity to meet the Burundi Unitarian refugees who live there and who are supported by many Unitarians in North America and many Calgary Unitarians.

While there I mentioned Calgary Unitarians and your role in ensuring that these refugees have what they need. Your support is gratefully received. I worked with our people here to ensure each refugee has a plan to be off regular support in the next year or two. Many are finishing school and thinking about the next steps and a few are still in their transition phase.

We have some good news from Rwanda. One refugee came to Vancouver on October 22 sponsored by the Unitarian Church of Vancouver and two others have been accepted by Immigration Canada to be sponsored by Vancouver Unitarians. There are efforts by a group of UUs and non UUs in Winnipeg to sponsor 4 other refugees. Five university students have finished their studies and one has finished his training as a chef. In total, we support 27 refugees with different forms support and 11 refugees daily, thanks, in part, to your support.

All this work is done with your generous support. Visit the Flaming Chalice [website](#) for more information.

With Gratitude,
Rev. Fulgence Ndagijimana



What Does It Mean to Be A People of Memory?

We start this month with the words of a Soul Matters participant who wants to remain anonymous:

“So I was out for a walk this afternoon and got to thinking a little more about memory, and about the various ways in which we are called back to some previous event or feeling, especially through scent (a certain combination of rotting orange peels and other vegetation takes me right back to the market in Dar es Salaam, and sun on pine needles takes me back to our summer hideouts in the woods) or music, which is so much easier to remember than prose. I think especially of the song, “In the Still of the Night,” which I can sing verbatim, because when I was in junior high we used to take class field trips from White Plains to NYC and sing it all the way there.

It’s all got me thinking about what is it that takes you back, and where it takes you – and, most importantly, how this remembering feels holy? “In the Still of the Night” wasn’t holy, exactly, but it represented community, a whole busload of kids singing together, getting beyond the teenage cliques and the need to be popular or cool. There are other memories that take me directly to the holy – dark vaulted rafters, from a church in Philadelphia where I went for a youth conference. Sitting in the Sunday morning service, I had my first real experience of the presence of God in those rafters – as a total agnostic, if not atheist at that point in my life. Or standing on a mountain trail in the sunlight, totally alone feeling the immensity and the holiness of the moment, the glory of the mountains and the vastness of the sky. All of them are memories that have enormous power in my life still.”

Our friend asks, “What is it that takes you back, and where does it take you?” These may be our most important questions this month. “What takes you back?” invites us to see memory as having its own volition. Not a skill we manipulate, but a sacred energy that “wants” something from us, or “hopes” something for us. And “Where does it take you?” Well, that’s a big question too. The space of memory is elusive. Mysterious. Seemingly beyond our grasp. Who can really say “where” it is? But here’s what we do know: it is in the space of memory that we are somehow held together, and also re-assembled. As we remember, we are re-membered. In that space, memories become these self-animated threads that weave the pieces and parts of us into this more complete thing we call “me” and “you.”

It’s so humbling, and remarkable!

Which makes it all the sadder that throughout much of our history, we Unitarian Universalists have not been overly nice to memory. We’ve given it the label, “tradition,” and treated it mostly as something that holds us back. Tradition, we say, cuts us off from a direct experience with the holy and tries to shape us rather than allowing us the freedom to shape ourselves. This attitude has left us, as a faith, wary of the past, depicting it simply as a place where one gets stuck. But this is changing, and our Soul Matters friend captures this change perfectly. For her the past is not a place that traps us; it’s more like soil that clings tightly to our roots in order to nourish and stabilize us. If memory had a voice, it wouldn’t sing “remember me.” It would call out, “don’t forget who you are.”

And so, friends, this month, may that be our charge: To allow memory to flow through us in order that it may patch us back together and keep us whole.

Happy re-membering, re-assembling and re-collecting!



Our Spiritual Exercises

Option A:

The Memento That Matters

We all have one: a memento that holds one of our favorite memories. The physicality of these objects somehow gives our memories more “substance” and staying power. But they also have a way of getting knocked off the mantle or tucked away in a dusty closet. We lose them. And in doing so, we forget.

So you are invited this month to spend some time dusting off one of your treasured “memory objects” and getting it back into clear view. What value, relationship, aspiration needs to return to the center of your life? What object symbolizes this for you? Maybe it’s a picture of your family that needs put back on your office desk to remind you that your heart lies somewhere other than that desk. Maybe it’s the peace sign t-shirt from your “radical days.” Maybe it’s that old pair of pointed shoes that used to hang by your dresser. Maybe it’s that old train car—the first one your dad bought for you and soon became part of that miniature railroad you and he built together. Whatever it is. Find it and return it to its central place, so it can return those memories back to you.

Bring your memento to the group and be ready to share what surprised you most about the adventure of finding it once again.

Some inspiration to help you along your way...

Six tips for using mementos to keep happy memories vivid:

<https://tinyurl.com/y598jvzbz>

Childhood Mementos You Should Keep:

<https://tinyurl.com/y43wwh49>

What is your favorite family memento?

<https://tinyurl.com/y2mkogqn>

Option B:

Your Earliest Memory

What's your earliest memory? Spend some time this month not only remembering it but exploring why you remember it. A simple way to do this is to ask: Why have I held on to this memory for so long? Why has it been holding on to me? What is it trying to give me? Who helped me remember it? Keep in mind that you're not trying to remember your most profound memory; just your first.

Come to your group ready to share not only the story of this first memory but - more importantly - the story of how it's shown up throughout your life with little nudges and reminders of its own.

To help you on your way, make some time for this visual meditation: <https://tinyurl.com/y3ngefxu>

And here are some additional resources to help you dig deeper:

The weird science behind our earliest memories:

<https://tinyurl.com/y9pvt9p3>

Why do memories stick into adulthood?

<https://tinyurl.com/buoosar>

What's Your Earliest Memory?

<https://tinyurl.com/y6r95uj5>

Remembering, by William Stafford

<https://tinyurl.com/y4ejh7zm>



Option C:

The Memory Shared at Your Funeral

Our dance with memory is about looking forward as well as looking back. Our life is driven not just by the desire to collect good memories, but also by the hope that we will be remembered well. Memory's question is not just "Do you remember?" but "How do you want to be remembered?"

So this month, you are invited to become a bit more aware of how you want to be remembered. Here's your focus question:

*If you had to limit the memories shared at your funeral to three,
what would they be?*

And here's the additional twist: before you answer that questions, make room for three conversations:

1. Ask your spouse or life-partner what three memories they would share
2. Ask your child or parent which three they'd pick.
3. Ask your newest or oldest friend what'd they'd choose.

After comparing the results of all three conversations, make your three picks. Of course, the exercise is less about what you pick and more about the similarities and differences between everyone's selections. Come to your group ready to share what surprised you about the conversations and how they shaped your final three picks.

Some inspiration to help you along your way...

Live for Your Eulogy not Your Resume:

<https://tinyurl.com/y2dgdedu>

Remembering That One Day You Will Die - Video Meditation

<https://www.youtube.com/watch?v=su9oOdnT8w0>

Memento Mori — How Remembering Your Mortality Improves Your Life

<https://tinyurl.com/y5scl8k7>

The App That Reminds You You're Going to Die

<https://tinyurl.com/y8cyvj4s>

Option D:

Ten Things to Remember

From a spiritual perspective, memory is not just about holding pictures of the past in our head; it's also about holding on to our core values. There's a reason we say, "I need to remember who I am." Indeed, this has long been the way UUs think about church. Church, for us, is the place where we come to remember who we are.

To honor and engage this, you are invited to spend some time this month "reminding yourself who you are" by making a simple list of "10 Things to Remember." Think of it as self-talk. As your better self-helping your forgetful self-return to your center. Pull out a sheet of paper or pull up a document on your computer and type out a list numbered 1-10. Then spend the month filling it in with 10 pieces of wisdom or advice that are important to you but that you also often forget.

Bring this "spiritual reminder list" with you to your group and be ready to share the 3 items on the list that were most surprising or engaging.

Here are some example reminders to get you thinking:

1. Remember that failure stings but regret haunts.
2. Remember that assuming good intentions is not only correct but also often creates good intentions.
3. Remember to "want what you have."
4. Remember you always have a choice.
5. Remember you've already received a death sentence.
6. Remember that everyone is carrying pain, even if you can't see it, so we must be kind, in every single case.
7. Remember to always buy the good chocolate and good beer. There will be other ways to balance the budget.
8. Remember that grace and goodness don't always win, but they also can't ever be completely erased. They linger in the corners, so never stop looking.
9. Remember that you're not the only one that feels like an imposter. They only look like they have it all together. Remember that you've already "made it" and you're already enough. So you can put the striving and the proving down whenever you want.
10. Remember that you've already "made it" and you're already enough. So you can put the striving and the proving down whenever you want.



Option E: Remembering Where You Came From

Remembering who we want to be is tied up with remembering where we've come from. Holding on to our roots keeps us rooted. It's also keeps us connected to gratitude and humility. To remember where you've come from is to remember that you didn't create yourself or earn your successes all on your own. Remembering where you've come from is also a way to celebrate your uniqueness.

So this month, spend some time teasing out the unique roots that make you who you are...**by writing a poem about where you've come from!**

Don't worry; it's not as intimidating as it first may sound. Poet George Ella Lyon has already laid the ground for us with her poem, *Where I'm From*. Following her poem's structure, hundreds of writers and students have written their own.

Here's Lyon's poem:

<https://tinyurl.com/2aw4dj5>

Read by author: <https://tinyurl.com/k48z26k>

Here are examples of the poems others have made using

Lyon's as a guide:

<https://tinyurl.com/y3fyuauc>

<https://tinyurl.com/y3awh86p>

<https://tinyurl.com/jwylwg6>

<http://teacher.scholastic.com/writeit/PDF/wright.pdf>

And if you want, here's a cheat sheet to guide you on your way:

Where I'm From	
by _____	
I am from _____	
(everyday item in your house)	
from _____	and _____
(product name)	(product or everyday item in your house)
I am from the _____	
(home description including an adjective)	
I am from the _____	the _____
(plant, flower, tree)	(plant, flower, natural detail)
I am from _____	and _____
(family tradition)	(family tradition)
from _____	and _____
(name of family member)	(another family name)
From _____	
(something you were told as a child)	
and _____	
(a song or saying you learnt as a child)	
I'm from _____	
(place of birth)	
_____	and _____
(a food item representing your family)	(another food item)
From the _____	
(specific family story about a specific person and detail)	
and the _____	
(another detail)	
I am from _____	
(location of family pictures, mementos, archives, etc.)	



Your Question

As always, don't treat these questions like "homework" or a list that needs to be covered in its entirety. Instead, simply pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of memory means for you and your daily living. So, which question is calling to you? Which one contains "your work"? Where is it trying to lead you?

1. What memory has been with you the longest? What does it want from you so badly that it has held on this long?

2. How has your memory changed as you've grown older? Do you think of childhood memories more or less? Is it stories or images you now remember more? Has your confidence about the accuracy of your memory grown or lessened? Or is that no longer a question you worry so much about, as long as the "truth" of those memories remain?

3. Has memory ever made you smarter? We think of memory as a warehouse or scrapbook, but for many of us it serves as a teacher and tutor. How has that been true for you?

4. Has memory ever set you free? For some of us, all it takes is seeing that swing from our childhood in our mind's eye. Or our favourite dog running with abandon. Or that image of staring at the purple sunrise on the river while fishing with our grandfather. When life starts feeling small, depleted or threatening, what memory do you turn to to remember that open doors are all over the place?

5. What memories have been entrusted to you? Families pass down stories. Old friends look to one another to remember each other's childhoods. Spouses safely house their vulnerable stories and secrets with each other. We are all protectors and sustainers of memories that keep pieces and parts of others alive. What precious memory have you been asked to keep alive?

6. What memory will die with you if you don't pass it on? Is this the month you finally make a concrete plan to make sure it lives on the memory of another?

7. What memory holds your truest self? For some, it comes from childhood, like that time we were handed a paintbrush and canvas and felt a strange sense of home. For others it is

from our adult adventures, maybe that time we bravely walked away. We don't just have personality traits, we hold tight to our defining traits through memory. What memories help you hold on to yourself?

8. What is your favourite shared memory? Memory is the glue that binds our friendships, marriages and partnerships. Is it time to take your friend or partner out for lunch to reminisce and toast the way that memory's magic has held you together?

9. Is it time to admit that your memory may not be the complete picture of what happened?

10. What if the question isn't, "Did it really happen that way?" But instead, "Why do you want to remember that it happened that way?"

11. Are you ok with the person you used to be? Have you been working a bit too hard to wipe the "previous you" from your memory? They say none of you gets to walk through the door unless you're willing to bring all of you in.

12. What do you do to remind yourself that you did not make yourself? What practice do you use to remember that you stand on the shoulders of countless others?

13. Have you figured out the story you want to be remembered by?

14. Does fall come with its own set of memories? Do you remember differently this time of year?

15. What has life taught you about memory and pain? It is said that time does not heal all wounds but gives us the tools to endure them. Has this been true for you? Is there someone in your life that needs this message?

***What's your question?** Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.*



Companion Pieces

Recommended Resources for Personal Exploration & Reflection

The below recommended resources are not “required reading.” We will not analyze these pieces at our small group meeting. Instead they are here to companion you on your personal journey this month, get your thinking started, and open you to new ways of thinking about what it means to be part of a people of Sanctuary.

Word Roots

Memory derives from the Latin word *memor* (mindful, remembering), from Proto-Indo-European *smēr-* (to remember). The Sanskrit word *chitta* is often translated as memory. It carries the idea of consciousness or awareness, to remember is to bring to awareness.

Wise Words

Memory is intelligent. It’s a knowledge seated neither in the senses, nor in the spirit, but in collective memory. It is communal, though deeply personal. Involved with the self, though autonomous. At war with death.

[Etel Adnan](#)

Where common memory is lacking, where people do not share in the same past, there can be no real community. Where community is to be formed, common memory must be created.

George Erasmus, Dene Nation, co-chair of the Royal Commission on Aboriginal Peoples

So long as the memory of certain beloved friends lives in my heart, I shall say that life is good.

Helen Keller

You don’t have to hold onto the pain to hold onto the memory.

Janet Jackson

Without memory, there is no culture. Without memory, there would be no civilization, no society, no future.

Elie Wiesel

Nostalgia is also a dangerous form of comparison. Think about how often we compare our lives to a memory that nostalgia has so completely edited that it never really existed.

Brené Brown

Learning to enjoy today has two benefits: it gives me happiness right now, and it becomes a good memory later.

George Foreman

Perhaps salvation is something very different than anyone ever expected. Perhaps this will be the only question we will have to answer: “What can you tell me about September?”

[Burton D Carley](#)

Sometimes we drug ourselves with dreams of new ideas. The head will save us. The brain alone will set us free. But there are no new ideas waiting in the wings to save us as women, as human. There are only old and forgotten ones, new combinations, extrapolations and recognitions from within ourselves—along with the renewed courage to try them out.

Audre Lorde

Remembering (the freedom of childhood)

William Stafford

Full poem found at <https://tinyurl.com/y4ejh7zm>

“...I carry those days in a tiny box
wherever I go, I open the lid...

There is a sigh like my breath when I do this.
Some days I do this again and again.”

Everything is Waiting For You

David Whyte

(Remembering that the world is awake and we are never alone.)

<https://tinyurl.com/y3lufhql>

Your great mistake is to act the drama
as if you were alone. As if life
were a progressive and cunning crime...
To feel abandoned is to deny
the intimacy of your surroundings...



What greater thing is there for two human souls than to feel that they are joined - to strengthen each other - to be at one with each other in silent unspeakable memories.

George Eliot

God, God is journal of time marching through eternity.

She is waking of seasons, phases of moon, movements of stars.

She is grandmother, mother, daughter.

She is transcending spiral of ages whose every turn encompasses the rest, history a mere babe balanced on her hip.

She is spinning of universes and ancestress of infinence.

She is memory, she is presence, she is dream.

And we, we are brief instants, intersections, nanoseconds, flashing gold-hoped moments in the eons of her.

[*Tess Baumberger*](#)

The exercise of our memory does not bring us closer to the past but draws us farther away.

[*Sally Mann*](#)

Memory is never a precise duplicate of the original... it is a continuing act of creation.

Rosalind Cartwright

There are lots of people who mistake their imagination for their memory.

Josh Billings

The difference between false memories and true ones is the same as for jewels: it is always the false ones that look the most real, the most brilliant.

Salvador Dali

My Memory Fails Me

Students at the Jewish Theological Seminary in New York

<https://tinyurl.com/y4l48n72>

My memory fails me. Things happened. We both experienced them. You saw them your way – colored by experiences in your past, or by resentment or impatience. I saw them my way – colored by fear, by pride, by the fact that I am myself and not you.

So our memories of what happened were very different from the start. And then, before we knew it, memories hardened into myths and myths into dogma. Now we find ourselves divided. We stare across the chasm, but we don't see each other. Parent. Partner. Friend. Child. Denomination. Nation. Race. Class. Creed. I'm tired of being alone on my side of the chasm. I'm using up so much energy fearing and resenting you.

Sometimes I wish you and I could crack the dogma, peel away the mythology, and trade memories. What would it be like if we could see each other's pictures of the history we share? If we could see each other?

What we need here, you and I, is a little humility and a lot of house-cleaning. Humility: to say "only God sees history whole and knows the whole truth. All I have is my perception. It's valid, it's precious, it's fragmentary. Maybe I ought to try seeing as God sees, from all the angles."

Housecleaning: Memory is selective, and I'm carrying around years of slanted, narrow memories. I can't see past them. It must be the same for you. What we need to do is let some of them go. Trade a few. Listen.

Maybe, if I ask you how things look to you, between us we'll see something we never saw before.

You will lose someone you can't live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn't seal back up. And you come through. It's like having a broken leg that never heals perfectly – that still hurts when the weather gets cold, but you learn to dance with the limp.

Anne Lamott

Memory sews together events that hadn't previously met.

[*Etel Adnan*](#)

Life is not what one lived, but what one remembers and how one remembers it in order to recount it.

Gabriel García Márquez

My Family Tree

Alicia, 5th grade

Full poem found at <https://journalverse.com/poem-of-the-day-april-5-my-family-tree-alicia/>

I am from stories
on a cold Monday morning
and strong hot coffee
soaking my grandfather's mustache...



Why did I write it down? In order to remember, of course, but exactly what was it I wanted to remember? How much of it actually happened? Did any of it? Why do I keep a notebook at all? It is easy to deceive oneself on all those scores. The impulse to write things down is a peculiarly compulsive one, inexplicable to those who do not share it, useful only accidentally, only secondarily, in the way that any compulsion tries to justify itself. I suppose that it begins or does not begin in the cradle. Although I have felt compelled to write things down since I was five years old, I doubt that my daughter ever will, for she is a singularly blessed and accepting child, delighted with life exactly as life presents itself to her, unafraid to go to sleep and unafraid to wake up. Keepers of private notebooks are a different breed altogether, lonely and resistant rearrangers of things, anxious malcontents, children afflicted apparently at birth with some presentiment of loss... The point of my keeping a notebook has never been, nor is it now, to have an accurate factual record of what I have been doing or thinking. That would be a different impulse entirely, an instinct for reality which I sometimes envy but do not possess.

Joan Didion, from "On Keeping a Notebook" in Slouching Towards Bethlehem

Those who cannot remember the past are condemned to repeat it.

George Santayana

ask not what your country can do for you
ask if your country is your country
ask if your country belongs to your country folk
ask if your country is addicted to blood
ask if your country is addicted to forgetting...

[Danez Smith](#)

Memory invites us to maintain our grip on the past, but it also calls us to pay attention to the present. Memory's question is not just "Do you remember?" but "How do you want to be remembered?"

Rev. Scott Tayler

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

Steve Jobs

To live in hearts we leave behind, is not to die.

Thomas Campbell

Gratitude is the memory of the heart.

French proverb

In times like these, I look to the past. I come from people not meant to survive, and here is our bloodline, stronger than ever.

Brittany Packnett

Time does not heal all wounds but gives us the tools to endure them. I have found this to be true in the greatest and smallest of matters.

[Patti Smith](#)

Songs and Music

Wanting Memories

Ysaye M. Barnwell

<https://tinyurl.com/opzu3nr>

choral version <https://tinyurl.com/zvfwwdq>

"I am sitting here wanting memories to teach me to see the beauty in the world through my own eyes. Since you've gone and left me, there's been so little beauty, but I know I saw it clearly through your eyes..."

Listen To (and remembering all) The Voices

Holly Near · Emma's Revolution

<https://tinyurl.com/ybxhr55e>

"Listen to the voices of the old women...
Listen to the voices of the First Nations...
Listen to the voices of the young children..."

Good Old Days

Macklemore & Kesha

<https://tinyurl.com/y3qr5gea>

Rivers

Allman Brown

<https://tinyurl.com/yywhok34>

"Run, river, run to the sea
Water always wants to be free
Run, river, run over me
Water, take away my memory..."

Boston

Dermot Kennedy

<https://tinyurl.com/y3nlrfko>

"Take me back to places I feel loved in..."



These Memories

Hollow Coves

<https://tinyurl.com/y4uae5ji>

"Now I'm far away
You stay with me the same
Now I'm far away
These memories still remain..."

In My Life

The Beatles

<https://www.youtube.com/watch?v=YBcdt6DsLQA>

"But of all these friends and lovers
There is no one compares with you
And these memories lose their meaning
When I think of love as something new"

More "Memory Songs" are found on our November Soul Matters Spotify playlist. Click [here](#) to check them out! You can also explore the playlists from other months [here](#).

Videos

Pieces of my Memories: A Poem to Alzheimer's

Alyea Pierce

What they teach us about what **WE** forget.

<https://tinyurl.com/y5pts97u>

Remembering That One Day You Will Die - Video Meditation

<https://tinyurl.com/y6yqde9w>

Should You Live for Your Resume... or Your Eulogy?

David Brooks

<https://tinyurl.com/y29s56pq>

How do you want to be remembered? "Within each of us are two selves, suggests David Brooks in this meditative short talk: the self who craves success, who builds a résumé, and the self who seeks connection, community, love -- the values that make for a great eulogy. (Joseph Soloveitchik has called these selves "Adam I" and "Adam II.") Brooks asks: Can we balance these two selves?"

Text: <https://tinyurl.com/y2dgdedu>

Therapy Session - spoken word poetry on memory and race
Atlanta Team

<https://tinyurl.com/ja3ptja>

"If you could talk to your ancestors, what would you ask them?"

In Honor of Transgender Day of Remembrance

Trans Women Share What Transgender Day of Remembrance Means

<https://tinyurl.com/y6kle95q>

The T Word: Full Documentary - MTV

<https://tinyurl.com/yxrldo7>

Podcasts

Alzheimer's and the Spiritual Terrain of Memory - On Being

<https://tinyurl.com/y3bwpchy>

"Alzheimer's disease has been described as "the great unlearning." But what does it reveal about the nature of human identity? What remains when memory unravels? Alan Dienstag is a psychologist who has led support groups with early Alzheimer's patients, as well as a writing group he co-designed with the novelist Don DeLillo. He's experienced the early stages of Alzheimer's as a time for giving memories away rather than losing them..."

Looking Back: Reflecting On The Past To Understand The Present - Hidden Brain

<https://tinyurl.com/yaycoqao>

"So often we get stuck in the past, rehashing what we should have done, and what we no longer have. But researchers say our obsession with the past can tell us something important about our future."

Free Brian Williams -Revisionist History

Malcolm Gladwell

<https://tinyurl.com/ybuylz7r>

"NBC news anchor Brian Williams told a war story on national television. It wasn't true. But does that make him a liar? Part two of Revisionist History's memory series asks why we insist that lapses of memory must also be lapses of character."

Articles

Messing with Your Mind

Pat Murphy & Paul Doherty

<https://tinyurl.com/yxs7hx3e>

"It is easy to think of yourself as the sum of your memories-- the end product of all that you've ever experienced. But after doing research into memory, we find that it makes sense to reverse that statement... Who you are is shaped by your memories, and your memories are shaped by who you are..."



Speak, Memory

Oliver Sacks

<https://tinyurl.com/y4vuy8ut>

"Legendary neurologist Oliver Sacks exposes the remarkable mechanisms by which we fabricate our memories, involuntarily blurring the line between the experienced and the assimilated...One phenomenon Sacks argues is particularly common — if not adaptive — in the creative mind is that of autoplagiarism..." - [Maria Popova](#)

Memento Mori — How Remembering Your Mortality Improves Your Life

<https://tinyurl.com/y5scl8k7>

Time Does Not Heal All Wounds - On Being Reflection

<https://tinyurl.com/yc8ksphj>

The Black Hole in the White UU Psyche - UU World Magazine

Rev. Mark Morrison-Reed

<https://tinyurl.com/y22t3pmz>

The consequences of excluding black UU history from our faith's memory and the hope of constructing a more honest and complete remembrance.

The Empowerment Tragedy - UU World

Rev. Mark Morrison-Reed

<https://tinyurl.com/y5w9o9yl>

Ten Things To Remember: Anti-Racist Strategies For White Radicals

<https://tinyurl.com/yyzoregy>

Indigenous Canadian Contributions During the Second World War

<https://tinyurl.com/y2jvn4w>

Books

Beloved

Toni Morrison

Morrison's masterpiece about living with a painful past, both personal and cultural.

A Handbook for New Stoics: How to Thrive in a World Out of Your Control

Massimo Pigliucci, Gregory Lopez

Learn more about Memento Mori and applying it in your life along with other stoic exercises.

The Things They Carried (Connecting memory and Veterans' Day)

Tim O'Brien

<https://tinyurl.com/y367eplp>

"By questioning the role that imagination plays in helping to form our memories and our own versions of truth, he places 'The Things They Carried' high up on the list of best fiction about any war..." - <https://tinyurl.com/y2yr4yif>

Movies

Eternal Sunshine Of The Spotless Mind

<https://tinyurl.com/bl2fjw9>

"An off-beat romantic drama presenting the psychological conundrum: do away with the pain or hold onto the memories?"

Big Fish

<https://tinyurl.com/y45hb24q>

"The story of a braggart and exaggerator, Edward Bloom, and his son, William, who--after a long estrangement--returns home only to learn his father is dying of cancer. Desperate to possess true memories of this complicated man before it's too late, William sets out, trying to unravel fact from fiction."

Blade Runner

<https://tinyurl.com/y26j25ob>

"From its opening scene, where a manufactured Replicant betrays himself (itself) because he (it) lacks memories of a mother, Blade Runner explores the futuristic realms of evolving and fabricated memory."

The Tree of Life

<https://tinyurl.com/y6kjt74g>

"To imagine a reconciled future in the face of sin and suffering, Jack must do a deep dive into his vast storehouse of memories..." "The result is a fragmented but beautiful kaleidoscope of a film that is closer to a prayer set to music than to a story."

The Thin Blue Line

<https://tinyurl.com/yybp97jt>

"Errol Morris's groundbreaking documentary—about a man who spent a dozen years in prison and was almost executed for a murder he didn't commit—looks at how police officers and other witnesses, including one who says he has the power of "total recall," couldn't get their facts straight."

**Vertigo**

<https://tinyurl.com/y5fwg2xv>

"Alfred Hitchcock's Vertigo remains one of the great films about memory's dangerous allure. Its spiral-shaped narrative concerns detective Scottie Ferguson, who, haunted by a series of failures, makes an idol of memory and becomes imprisoned by the past."

Rashomon

The widely-honored classic crime film that daringly explores the elusiveness of memory.

Inside Out - Family Movie

<https://tinyurl.com/ybh8kw8j>

Coco - Family Movie

<https://tinyurl.com/yaujz3up>

"Coco's rich visual pleasures are matched by a thoughtful narrative that takes a family-friendly -- and deeply affecting -- approach to questions of culture, family, memory, life, and death..." Engages Day of the Dead - Oct.31 - Nov. 2

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News from the Refugee Sponsorship Committee—Donations Needed!

We are preparing to undertake TWO new sponsorships! One is of a Syrian family of three (a 21-year-old mother, her husband and infant), now in Lebanon, who are anxious to be reunited with extended family members already in Calgary. The other is of a single man from Iran, currently in Turkey, who had to flee his country because of threats to publicly denounce him for his atheism; a crime punishable by death there. We are thrilled to be working together with members of a community group long involved in the support of Syrian refugees and members of Scarboro United Church in these endeavours.

We need YOUR assistance in raising the necessary funds to support these refugees during their first year in Canada. A sample fundraising letter has been prepared for you to send to your friends and family requesting their contributions. It will be available at a table during coffee hour, or can be obtained by emailing Marsha Haug at marshajhaug@gmail.com. We will be happy to answer any questions you may have and to accept donations at the table as well. Cheques (payable to Calgary Unitarians, with a note on the memo line indicating "Refugee Sponsorship Fund") or e-transfers to treasurer@calgaryunitarians.ca, with a message indicating that it is for the Refugee Sponsorship Fund, will be gratefully received.

Heartfelt thanks for your support!



The Ordination of Danielle Webber: Joyful Memories



When I first heard that Calgary Unitarians' were going to host the Ordination of Danielle Webber, I knew it was going to be very special event. However, knowing that versus experiencing it, were two entirely different things. My partner and I attended the ordination and were both very moved by the experience. The spectacle of the service, the pageantry of the many different ministers in attendance from all over North America, the emotion and unconditional love for both the Unitarian Universalist faith, its traditions and its aspirations were awe inspiring. The sermons by the clergy who spoke that evening were heartfelt, moving and eloquent. And, I'm told, quite out of character (in a good way!) for a Unitarian service.

The performances of the musicians and UUPhonia, the Calgary Unitarians' choir, both led by Jane Perry, added to the emotion and gravitas of the occasion; they were pitch perfect in support of the event. When the voices of the congregation came together to sing, I felt the love vibrating in every cell of my body. The emotion of all those voices joining in worship and celebration was tremendous. Even the various technical glitches during the evening added spontaneous levity to the event. But it was the love for Danielle that was the most overwhelming. So many people came together to make the occasion the brilliant success that it was: her family, both

biological and in the Calgary Unitarians community, her partner, her friends, her colleagues. Everyone present (and some who weren't!) wished to honor this lovely woman, to mark the end of the beginning of her journey toward spiritual leadership; to witness and celebrate her transformation from student to Reverend. The physical, visceral transformation in Danielle when the gorgeous stole made by Brandis Purcell on behalf of Calgary Unitarians was draped around her neck took my breath away. When Reverend Debra Faulk gave the Prayer of Ordination, chills ran down my spine. When she led the congregation in the Laying on of Hands – where the entire assemblage made physical contact with each other and Danielle in a show of love and support for her – tears ran down my face. The wave of joy that swept the room when she was pronounced Reverend Danielle Webber for the first time was incredibly powerful. It was a privilege and an honor to witness this powerful ceremony, as it is for me to be a part of this extraordinary community.

With immense gratitude,

Martha Mantikoski
Administrator, Calgary Unitarians







Theme Based Ministry

Each month our Sunday services hold the focus of an overarching topic / theme, such as integrity, compassion, or joy. The presenters approach each month's theme in a variety of ways, all with the intention of taking us deeper.

The themes are presented for contemplation on Sunday mornings and in the monthly Reflections section of the Quest. This material provides an opportunity for personal exploration of the theme with spiritual practices, questions, reading and other resources. The other component of Theme Based Ministry are the small discussion groups, Theme Based Listening Circles (TLCs).

Theme Based Listening Circles (TLCs)

TLCs are facilitated small groups of up to 10 people. They meet at various times toward the end of each month to reflect together on the theme of the month.

These groups offer the opportunity for deepening relationships, self-awareness, enhancing listening skills, personal growth and spiritual development. You can register for a group on the website. For further information contact are@calgaryunitarians.ca

Current Groups meet:

4th Thursday of the month 12:00 – 2:00

4th Sunday of the month 12:00 – 2:00

We Need Your Help: Volunteer Sign Up Made Easy!

Have you ever wondered how things run so smoothly on Sunday mornings? The coffee is always on, the warm welcome you receive upon arrival, things are all set up and ready to go, and the ushers handing you the order of service and show you to a seat. It's all managed and run by volunteers, people just like you! If you haven't had the opportunity to volunteer, would like to do so, or wish to do more, please visit our volunteer sign up page at SignUp.com or you can talk to one of us on Sunday.

Here's how it works in 3 easy steps:

- 1) Click on one of the links below to see our SignUp.
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.



[Coffee Prep or Cleanup](#)

[Ushers](#)

[Welcomers](#)

[Service Setup](#)

We'll be happy and excited to see your name beside a job for any of the Sundays this year!

Eric Leavitt, Barbara Lane and Donna Ontario



How to Reach Our Staff

Minister

Rev Debra Faulk
debra@calgaryunitarians.ca
403 702-6486

Director of Religious Exploration / Youth Program Coordinator

Sheila MacMaster 403-404-1361
dre@calgaryunitarians.ca

Music Director

Jane Perry
music@calgaryunitarians.ca

Administrator

Martha Mantikoski
office@calgaryunitarians.ca
403-276-2436
Monday -Wednesday & Friday
9am to Noon
Office closed Thursdays



Grow in Wisdom
Deepen Relationships
Act for Justice

Calgary Unitarians

**1703 1st Street NW
T2M 4P4**

www.calgaryunitarians.ca

Phone: 403-276-2436

Publishing the Quest

The Quest is published 11 times per year. Electronic copies are available at www.calgaryunitarians.ca. Submissions of articles, photographs, and event announcements are encouraged.

If you have questions about the Quest, please email:

quest@calgaryunitarians.ca.

***The Quest Deadline is
the 15th of every month
except for July.***

ENEWS

The ENEWS is published via email once a week on Wednesday. Material for the ENEWS must be submitted by Tuesday midnight. If you would like to receive the ENEWS, please email enews@calgaryunitarians.ca

Booking Rooms

As our facility gets busier it is important that if rooms are needed they are booked in advance. Space can be reserved either by filling out the online booking form found here:

<http://tinyurl.com/ybq27pq6> ,
by contacting the Administrator at 403-276-2436 or via email at office@calgaryunitarians.ca

Lay Chaplains: Lynn Nugent and Mary-Anna Louise Kovar

Our Lay Chaplains are trained to perform rites of passage, such as weddings, funerals/memorial services, child dedications, etc. They are available to provide such services for a fee to the wider community. (Services for Calgary Unitarians members are provided by the minister.) Our lay chaplains can be contacted by calling 403-276-2436 or via email: laychaplains@calgaryunitarians.ca.

The Caring Team

The Caring Team provides support to the members, friends, and families of the congregation. If life has you stressed because of illness, hospitalization, moving, we can help. If you have something to be celebrated, such as a graduation, marriage or new child, we are there with you. We are all part of the Caring Team! Need support, have a concern, or want to be of service? Contact caring@calgaryunitarians.ca